



FRIENDS OF THE CENTER
AT THE HEIGHTS, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

The Center at The Heights • 300 Hillside Avenue • Needham Heights, MA 02494-1316 • Phone 781-455-7555 • Fax 781-444-1373 • www.needhamma.gov
Newsletter printed & mailed by Friends of The Center at The Heights, Inc.

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 *"No matter how you feel when you walk into The Center, you will be smiling when you walk out!"* 

— An Anonymous Participant

THE NOTABLES CONCERT Wednesday, February 10 • 10:30 a.m.

Founded in 1974, the Notables is a women's a cappella group made up of singers from the Greater Boston area. Their repertoire includes a range of music, from such old favorites as "Sentimental Journey" and "Chattanooga Choo Choo" to show tunes from The Music Man, West Side Story and the Wizard of Oz. Singing in four- and five-part harmony, this versatile group performs selections from musicians such as George Gershwin, Oscar Hammerstein, Cole Porter, The Mamas and The Papas, and Pete Seeger. We are thrilled to welcome them to our Center!

Thanks to the generous support of Brookdale of Dedham, there is no charge for this program.

Please note, this a morning concert.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.



NORMAN ROCKWELL: "THE FOUR FREEDOMS AND THE WORLD WAR II ERA" Wednesday, February 24 • 1:30 p.m.

In this illustrated talk created specifically for the Wright Museum of World War II, Tom Daly will take a closer look at well-known images created by Norman Rockwell. Many of Rockwell's pictures relate to the home front and show how the war affected the people he depicted. Daly will focus on the "Four Freedoms," which Rockwell painted in the early 1940s, and will explain how the idea of the "Four Freedoms" shaped our culture. He also will tell stories about these four iconic works of art.

Thomas Daly is the Curator of Education for The Norman Rockwell Museum in Stockbridge, Massachusetts. The museum is located in the town where Norman Rockwell lived for the last 25 years of his life. During his 18 plus years with the Norman Rockwell Museum, Daly has taken on a number of roles, all of them adding to his knowledge of America's favorite illustrator. The programs he has created have served tens of thousands of visitors and he has traveled to many parts of the country to lecture about Rockwell's works.

Thanks to the generous support of Briarwood Rehabilitation and Healthcare Center, there is no charge for this program.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.



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PLEASE NOTE: Sign-up for January and February programs will begin on Monday, December 28.

We cannot accept written requests prior to 9:00 a.m. on December 28. With the exception of drop in programs, we ask that everyone sign up in advance for our programs and events. We also ask that everyone swipe in when entering The Center, whether here for a drop in or scheduled program. If you do not have a swipe tag, please ask for one at the Front Desk.

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REP. DENISE GARLICK'S OFFICE HOURS

**Monday, January 11
11:00 a.m. – 12:00 Noon**

**Monday, February 8
11:00 a.m. – 12:00 Noon**

SENATOR RICHARD ROSS' OFFICE HOURS

**Tuesday, January 19
11:00 a.m. – 12:00 Noon**

HOLIDAY CLOSINGS

**FRIDAY, JANUARY 1
IN OBSERVANCE OF
NEW YEAR'S DAY**

**MONDAY, JANUARY 18
IN OBSERVANCE OF
MARTIN LUTHER KING DAY**

**MONDAY, FEBRUARY 15
IN OBSERVANCE OF
PRESIDENTS' DAY**

DIANE ELLIS CONCERT

Monday, January 11 • 1:30 p.m.

Diane Ellis is no stranger to the songs in The Great American Songbook - beautiful songs like "I'm in the Mood for Love" and Sinatra's "All of Me." Diane knows how near and dear to your heart these songs are. Diane will even coax you to sing along! She will perform to live piano accompaniment. Don't miss this special performance!

Thanks to the generous support of Briarwood Rehabilitation and Healthcare Center, there is no charge for this program.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

COMMUNITY CONVERSATIONS WITH SENIORS

Thursday, January 21 • 10:00 a.m. – 12:30 p.m.

Representative Denise C. Garlick, Chair of the Joint Committee on Elder Affairs, wishes to invite all seniors, their loved ones and caregivers to a community conversation. She will share information on the resources that the Commonwealth of Massachusetts currently uses to support its seniors. Most importantly, Representative Garlick is looking forward to listening to the issues, needs and concerns of the seniors of the Needham community in order to plan effectively for the future. Light refreshments will be served.

Please do not hesitate to contact Representative Garlick's office by mail at State House, Room 167, Boston, MA 02133, by telephone at 617-722-2810, or by e-mail at Denise.Garlick@MAHouse.gov with any questions.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.



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CELEBRATING DIVERSITY TWO SPECIAL PROGRAMS

IN OBSERVANCE OF BLACK HISTORY MONTH DOCUMENTARY: "UNDERGROUND RAILROAD: THE WILLIAM STILL STORY" (2012)

Wednesday, February 3 • 1:00 p.m.

This documentary film tells the compelling story of William Still, one of the most unheralded individuals of the Underground Railroad, and details the accounts of black abolitionists who had everything at stake as they helped fugitives follow the North Star to Canada.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

THE DANCE PHILIPPINES PERFORMING ARTS COMPANY

Wednesday, February 17 • 2:00 p.m.

Dance is an integral part of Filipino culture that dates to the period before Ferdinand Magellan stepped foot in the Philippines. The traditional dances of the Filipinos are vibrant and colorful, capturing the history of the archipelago. Students from the Dance Philippines Performing Arts Company will perform traditional dances including the Tinikling dance.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.



PIANO CONCERT WITH MARGARET POBYWAJLO VALENTINE'S DAY PIANO CONCERT WITH COMMENTARY

Friday, February 12 • 2:00 p.m.

Margaret, who entertained us during our November Thanksgiving Feast, will perform a sample of love songs from the ages such as "Liebestraum" by Liszt; "Traumerei" by Schumann; "Dream a Little Dream of Me," "Night and Day," "More", "All I Ask of You" and "I Don't Know How to Love him" by Andrew Lloyd Webber; and "You Raise Me Up," among others. Margaret also will provide commentary in between her musical selections. She welcomes participation, so feel free to sing along!

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.



Golden Law Center

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with disabilities and the people who care about them.

200 Highland Avenue, Suite 302, Needham

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CALLING ALL MUSICIANS!

RECRUITING FOR: THE FIRST CENTER AT THE HEIGHTS POWER BAND

Do you know how to play an instrument? Would you like to join together with other musicians for some fun and music?

**Initial Information Meeting:
Tuesday, January 12
1:30 p.m.**

Our community has many talented members. Let's see if there is enough interest to form the first Center at the Heights Power Band!

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

PIANO LESSONS WITH BRUCE

**Thursdays
9:00 a.m. – 1:15 p.m.**

8 Class Session

**January 7, 14, 21, 28
February 4, 11, 18, 25**

**Priority will be given to
continuing students.**

Cost is \$32.00.

Continuing students please sign up to maintain your time slot. A waitlist will be created for new students.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

NEW ENGLAND CONSERVATORY CONCERT SOLO VIOLINIST

Tuesday, February 2 • 1:30 p.m.

Sara Atwood will perform Mozart and Shostakovich! We are delighted with our partnership with the Conservatory and these wonderfully talented musicians!

Advanced sign-up is required.

LOW VISION SUPPORT GROUP

11:00 a.m. – 12:00 Noon

Wednesday, January 20

Chris Peralta, an Occupational Therapist from the Massachusetts Association for the Blind and Visually Impaired (MABVI), will speak on eye conditions and coping strategies.

Wednesday, February 17

Sandy Robinson, Director of the Needham Community Council, will be speaking on the many services and programs provided by the Council, as well as other community resources.

WEIGHT MANAGEMENT SUPPORT GROUP

7 WEEK SESSION

Mondays • 12:00 Noon

January 4, 11, 25;

February 1, 8, 22, 29

Cost is \$28

To sign up, call The Center
at 781-455-7555

DROP IN CLUTTER SUPPORT GROUP

NEW TIME!

Mondays • 1:00 – 3:00p.m.

Contact Person:
Paul at 617-759-1568

KEEP WELL CLINIC

1st and 3rd Wednesday
of the Month

9:00 a.m. – 12:00 Noon

January 6, 20;
February 3, 17

MONDAY'S LUNCH BUNCH

Try someplace new, socialize, and enjoy a good meal. Meet at The Center at 11:30 a.m., and board our van to the places below. If you need to be picked up at your home in Needham, please let the receptionist know. The van driver will collect a suggested donation of \$5. You will pay the cost of your meal, tip, and tax at the restaurant. Enjoy!

JANUARY

Monday, 1/4 – Lafayette House, Foxboro

Monday, 1/11 – Chinatown, Stoughton

Monday, 1/18 – CLOSED

Monday, 1/25 – Friendly's,

Norwood



FEBRUARY

Monday, 2/1 – Olive Garden, Framingham

Monday, 2/8 – Not Your Average Joe's, Norwood

Monday, 2/15 – CLOSED

Monday, 2/22 – California Pizza Kitchen, Framingham

Monday, 2/29 – Not Your Average Joe's, Westwood



Call the Senior Center at 781-455-7555,
speak with the receptionist and sign up today.

SOCIAL SERVICE DEPARTMENT NEWS

National Pharmacist Day is January 12th and honors pharmacists for their important role in medical care. A pharmacist must be knowledgeable of the chemistry of all medicines. They can inform you of a drug's side effects, and all aspects of prescription medicine. Very importantly, they understand and recognize the interaction of drugs together...many people take numerous drugs. If you are in the pharmacy today, make sure to wish your pharmacist a good day. Gifts and cards are not required.

February 1st is National Freedom Day celebrating freedom from slavery, and recognizes that America is a symbol of freedom. Major Richard Robert Wright, Sr., a former slave, created National Freedom Day. He believed that there should be a day for all Americans to celebrate their freedom. President Lincoln signed the 13th Amendment outlawing slavery on February 1, 1865. On June 30, 1948, President Harry Truman signed the bill proclaiming February 1st as National Freedom Day.

Celebrate this day by reflecting upon the freedoms that you enjoy by being fortunate enough to be living in America. Millions of people in the world are not free.

SHINE BULLETIN

2016 Medicare Part B Premium

You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare.

Most people who had their Part B premium deducted from their Social Security check last year will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2016 and there is a law that prevents the amount of one's benefit check from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$121.80 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For Medicare related matters or other SHINE concerns, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back within 2 days.

For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE to speak to a Medicare customer service representative.



CINEMA AT THE CENTER

Fridays and select Wednesdays • 1:00 p.m.

Please Note: We have added movie ratings when they are available so participants can make their personal choices to view or not. Also, it is sometimes necessary to change the movie so please confirm with the Front Desk and please sign up in advance. The December movies will be shown on Wednesdays.

Friday, January 8 **Mr. Holmes (2015)** RATED PG

Sherlock Holmes returns from a research trip to Japan, where he has witnessed the devastation of nuclear warfare. Now he tends to his bees, with the company of his housekeeper and young son. Grappling with old age, Holmes comes to rely upon the boy as he revisits the unsolved case that forced him into retirement. Starring Ian McKellen and Laura Linney.

Friday, January 15 **Snow Flower and the Secret Fan (2011)** RATED PG-13

A story set in nineteenth-century China and focusing on the life-long friendship between two girls who develop their own secret code as a way to contend with the rigid social norms imposed on women.

Friday, January 22 **Spy (2015)** RATED R

Susan Cooper (Melissa McCarthy) is an unassuming, deskbound CIA analyst. But when her partner falls off the grid and another top agent is compromised, she volunteers to go deep undercover to infiltrate the world of a deadly arms dealer and prevent a global crisis. (Comedy)

Wednesday, January 27 **Celebrating Diversity Documentary He Named Me Malala (2015)** RATED PG-13

Shot by the Taliban in 2012 because she dared say that girls have a right to an education, 15-year-old Malala Yousafzai recovered to become a world-renowned activist and Nobel Peace Prize recipient.

Friday, January 29 **A Walk in the Woods (2015)** RATED R

Robert Redford and Nick Nolte star as old friends who make the improbable decision to hike the 2,200 mile Appalachian Trail, and that is when the fun begins.

Wednesday, February 3 **Documentary Underground Railroad: The William Still Story (2012)** RATED PG See Page 3

Friday, February 5 **Tomorrowland (2015)** RATED PG

Bound by a shared destiny, a teen bursting with scientific curiosity and a former boy-genius inventor (George Clooney) embark on a mission to unearth the secrets of a place somewhere in time and space that exists in their collective memory.

Friday, February 12 **(No Movie; Piano Concert)**

Friday, February 19 **Enough Said (2013)** RATED PG-13

Divorced mom, Eva (Julia Louis-Dreyfus) may be falling for Albert (James Gandolfini), a sweet, funny, like-minded divorced man, but complications blossom.

Friday, February 26 **The Intern (2015)** RATED PG-13

Seventy-year-old widower Ben Whittaker (Robert De Niro) has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin (Anne Hathaway).

SHOPPING EXPERIENCE:

**Friday, January 22
Market Basket, Waltham**

**Friday, February 19
Wegman's, Westwood**

Departure from the Senior Center will be 10:00 a.m. Call 781-455-7555 to sign up. If you require a pick-up at your home in Needham, please inform the receptionist, and be sure to provide your phone number.

MARCH/APRIL COMPASS COLLATING

**Wednesday, February 17
9:30 a.m.**

Please join us to help prepare the next edition of the Compass for mailing.

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at 1-800-922-2275. For more information, call The Center at The Heights.

GROCERY SHOPPING

To participate in our regular independent grocery shopping service, please call 781-455-7555 ext. 204 for more information. This service provides transportation from one's Needham home to Roche Brothers and Sudbury Farms Monday through Thursday.



PLEASE NOTE



The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Programs may have fees in order to meet the overall expenses for all programs. If you cannot afford a class, please contact our social service department at 781-455-7555, ext. 208.

INCLEMENT WEATHER POLICY

It is the policy of The Center at The Heights to follow the weather emergency policies governing the Needham schools. When the Needham schools are CLOSED due to a weather emergency, The Center will be closed. When the Needham schools are on a TWO HOUR OPENING DELAY, The Center will open at 10:30 a.m. and any activities scheduled to begin before 10:30 a.m. will be cancelled for that day. All school closings are broadcast on WBZ 1030 radio and Channel 5 television. An automated message will be recorded prior to 9:00 a.m. indicating the information related to Center operations and hours for the day.

COFFEE CHAT WITH SENATOR RICHARD ROSS

**Friday, January 8
9:30 a.m.**

Stop by to chat with Senator Ross over coffee, bagels and pastry about your concerns, comments or questions.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

SAVE THE DATE NEEDHAM ART IN BLOOM

**Friday, March 4
12:00 Noon – 4:00 p.m.**

View floral interpretations of Needham High School artwork.

TRIP NEWS

The Friends of The Center at The Heights and the Trips Department would like to thank all our trip attendees and supporters for making 2015 such a great year! This year, we again welcomed friends, new and old, and enjoyed many fun days out and about our glorious area. We look forward to restarting the popular Trips Program again in the Spring of 2016 when the weather, hopefully, becomes more favorable.

Our trips provide many with an opportunity to enjoy local attractions, entertainment, culture, scenery and delicious dining in the company of others. Let us do the work for you - no need to worry about the driving or parking and it's a great way to meet and make friends along the way. Everyone is welcome and this year we were thrilled that so many of our trips were sold out! The trips proved to be extremely popular so please do book early next year to avoid disappointment. Early bookings are helpful to us as well, since many trips require participation of over 38 with early deposits.

"The Friends" would love to wish you all Happy and Healthy Holidays and hope you participate in the many wonderful festive and fun activities that The Center at The Heights has to offer this year and next.

Let the journey begin again for 2016. Watch this space for upcoming Trip News!

SENIOR CIRCUIT BREAKER TAX CREDIT INFORMATIONAL SESSION WITH SENATOR ROSS

Monday, January 25 • 1:30 p.m.

Senator Ross and staff from the Massachusetts Department of Revenue will present important information concerning this valuable benefit available to seniors whether they own OR rent their homes.

For homeowners, 65+ the credit is the amount by which property tax paid and 50% of water and sewer fees paid exceed 10% of total income (up to a maximum credit of \$1,070). For 65+ renters, the credit is the amount by which 25% of annual rent paid exceeds 10% of total income (up to the maximum credit of \$1,070). Come learn all the details about 2015 eligibility requirements and how to file for this benefit.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

INCOME TAX COUNSELING SERVICE SPONSORED BY AARP AND THE COUNCIL ON AGING

February 1 – April 15

The AARP Foundation provides trained, certified volunteers to answer questions and prepare Federal and State income tax returns. Beginning January 15 we will schedule appointments for tax preparation appointments (February 1 – April 15). On the day of your appointment bring the following:

1. A copy of your federal and state 2014 income tax returns.
2. All relevant 2015 tax documents such as W-2 wage statement(s), 1099 interest and dividend statements, health insurance coverage information and social security and retirement plan income statements and mortgage interest forms.

Your tax return will be e-filed free of charge.

Appointment scheduling will begin January 19. Please call 781-455-7555 or stop by the Front Desk.



COUNCIL ON AGING
Needham

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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**

Dear Friends:

We had a wonderful year in 2015 as we supported the staff and volunteers at The Center and our new programs and services. As expected, our expenses have increased and there is more demand for the Senior Compass, for which we cover the printing and mailing expenses. The Compass provides you with all the important details on The Center's programs, classes, entertainment and enrichment events, Fitness Center hours, and more. We need your support more than ever!

Please fill out the form below for 2016 membership and we would truly appreciate it if you would consider including an additional donation.

We want to thank Jackie Julian-Martin for a wonderful job on selecting and planning the trips program last year. The next trip will be in March. Watch for details. We also want to thank Judy Finkle for managing and buying for the Gift Shop.

We hope you had a happy and healthy holiday season.

Happy New Year!

Anne, Carol, Elizabeth, Isabel, Janice, Jay, Pat, Roma Jean, Stephen, Sylvia

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.
2016 MEMBERSHIP/DONATION FORM

Name: _____ Date: ____/____/____

Address: _____

Phone Number: _____

Please check below:

The Senior Compass can be sent to my e-mail address:

_____ Please list e-mail address carefully.

A Compass should be mailed to my home address.

Membership (Jan. 1, 2016 to Dec. 31, 2016)	\$25.00
Additional Donation	\$ _____
Memorial* (Please see below)	\$ _____
Total Enclosed	\$ _____

Please suspend delivery for the months of _____. I will contact the Friends to restart delivery when I return. (Applies to members who are away for more than a few weeks during the winter or summer months.)

I would like to make an In Memoriam donation.

*Name of Deceased _____

Name and Address of Deceased Family _____

Please make checks payable to Friends and mail to Friends, 300 Hillside Ave., Needham, MA 02494. Thank you!

FRIENDS OF THE CENTER AT THE HEIGHTS DONATIONS

GENERAL

- Adele L. Kaplan
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- Mary Kordas
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IN MEMORY OF:

- Joan Richal
In Memory of Julie and Roland Richal
- Deborah C. Almy
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- Louise and Frank Condon
In Memory of Cam DeLuca, formerly of Needham
- Jim Delaney
In Memory of Helen Murphy
- Libero J. Fabbri
In Memory of Pauline Fabbri

IN HONOR OF:

- Sandra Jaszek
In Honor of America Campagna

ALERT: Please register for all classes as soon as possible as we reserve the right to cancel any class or program that does not meet a participation minimum by the end of its second week. We cannot refund or prorate fees.

FITNESS CENTER

Monday:

11:30 a.m. – 2:30 p.m.

Tuesday:

12:00 Noon – 3:00 p.m.

Wednesday:

9:00 a.m. – 12:00 Noon

Thursday:

1:00 – 4:00 p.m.

Friday:

9:00 a.m. – 12:00 Noon

Once the required paperwork and equipment orientation is complete, access cards are available for a minimum of 4 weeks of unlimited drop-in use for \$20. If you have questions, you should drop by during the hours listed above to speak with the fitness room staff.

DID YOU KNOW?

What's the difference between registering, signing up, swiping in? Registration allows us to enter you in our database and issue you a small plastic key ring tag for swiping in at the front desk. Swiping allows us to monitor how many participants are visiting The Center and what programs, events and classes they are using. Independently of registration, we request that all participants sign-up in advance for programs so that we can assign rooms effectively and contact participants if we need to cancel a program due to weather or the illness of the presenter.

Commonwealth Caregivers Home Health Care Services



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781-483-4460

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI

4 WEEK SESSION

9:00 a.m.

January 4, 11;

February 8, 22

Instructor: Scott Brumit

Cost is \$16.

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scott has studied various forms of martial arts since 1983, including tai chi and qigong.

YOGA

6 WEEK SESSION

9:00 a.m.

January 4, 11, 25;

February 1, 8, 29

Instructor: Sandi Levy

Class Maximum is 14.

Cost is \$24.

STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS MONDAY

(FORMERLY SEATED
STRENGTH):

7 WEEK SESSION

10:15 a.m.

January 4, 11, 25;

February 1, 8, 22, 29

Instructor: Pearl Pressman

Cost is \$28.

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class includes a thorough warm-up, strength training exercises using light hand weights, and gentle stretching exercises to increase flexibility and reduce muscle tension.

LINE DANCING

7 WEEK SESSION

12:00 Noon

Experience Required

January 4, 11, 25;

February 1, 8, 22, 29

Instructor: Manny Correia

Cost is \$28.

TUESDAY

EASY YOGA

9:15 - 10:15 a.m.

Remaining Dates of Late

Fall/Winter Session:

January 5, 12, 19, 26

Winter/Spring Session:

February 23, (no class Feb 2 - 16)

March 1, 8, 15, 22, 29 and April 5

Instructor: Steffi Shapiro

Contact Needham Community
Education (781-455-0400 ext. 235)

for sign-up and payment.

www.needham.k12.ma.us

Location: The Center at The Heights

Easy Yoga is a gentle form of yoga that is especially suited to older adults. Most of the exercises can be done while sitting in a chair or in a comfortable standing position. More information can be found about Easy Yoga on the website www.elder-yoga.com.

TRAIN THE BRAIN: BALANCE, AGILITY AND FALL PREVENTION

7 WEEK SESSION

10:30 – 11:30 a.m.

January 5, 12, 19, 26;

February 2, 9, 23

Cost is \$28.

This class involves dynamic, bilateral movement and physical brain activities to improve Stability, Total Body Coordination, Speed, Spatial Awareness, Endurance and Flexibility. The class will entail music, friendly competition, teamwork and guaranteed fun!

ARTHRITIS EXERCISE

7 WEEK SESSION

2:00 p.m.

January 5, 12, 19, 26;

February 2, 9, 23

Cost is \$28.

BALLROOM DANCING

Offsite Location: YMCA Chestnut St.

2:00 p.m.

3 WEEK SESSION 1:

MORE TANGO

January 5, 12, 19

Cost is \$12.

4 WEEK SESSION 2:

**BALLROOM MEDLEY
(WALTZ, FOXTROT & RUMBA)**

January 26; February 2, 9, 16

Cost is \$16.

EXERCISE AND DANCE CLASSES

WEDNESDAY

PARK AND RECREATION SENIOR EXERCISE CLASS

Location: The Center at The Heights
Sign Up and \$25 Payment to Park and Recreation
781-455-7550
 9 WEEK SESSION
 9:15 – 10:15 a.m.
Winter Session with Adele:
January 6 – March 2

Adele leads a low-impact aerobics class, which includes stretching and use of free weights. Emphasis on cardiovascular fitness and endurance, maintaining range of motion and injury prevention.

BETTER BALANCE, LIVING STRONGER

7 WEEK SESSION
 2:45 - 3:45 p.m.
January 6, 13, 20, 27;
February 10, 17, 24
(No Class February 3)
 Cost is \$45.

Have fun while learning to improve your balance and increase strength. Using balls, bands, weights and incorporating yoga and tai chi, this class will help improve posture, flexibility, gait, mobility, stability, breath, and endurance. Maintain your independence.

THURSDAY

AEROBIC DANCING AT YOUR OWN PACE

TO A LATIN BEAT!
 7 WEEK SESSION
 10:00 – 11:00 a.m.
January 7, 14, 28
(No Class January 21);
February 4, 11, 18, 25

Instructor: Louise Carbone
 Cost is \$28. Minimum is 12.

Enjoy the pulsating rhythms of Latin-inspired music as you pump your legs, swing your hips, clap your hands—and achieve a uniquely blended balance of cardio-vascular and muscle-toning benefits. Louise will help personalize each participant's workout so it matches your goals!

THURSDAY

ARTHRITIS EXERCISE/STABILITY CORE TRAINING

8 WEEK SESSION
 2:00 p.m.
January 7, 14, 21, 28;
February 4, 11, 18, 25
 Cost is \$32.

FRIDAY

STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS

(FORMERLY SEATED STRENGTH):
 8 WEEK SESSION
 9:15 a.m.
January 8, 15, 22, 29;
February 5, 12, 19, 26
 Cost is \$32.

Instructor: Pearl Pressman
 For description: See description under Monday Strength Training for Balance and Osteoporosis

PARK AND RECREATION SENIOR EXERCISE CLASS

Location:
 The Center at The Heights;
Sign Up and \$25 fee to Park and Recreation
781-455-7550

9 WEEK SESSION
 10:30 – 11:30 a.m.
Winter Session with Arlene
January 8 – March 4
 Toning, stretching, strengthening, and abdominal exercises that will benefit you from head to toe.



GAMES AND CRAFTS

PLEASE NOTE: PING PONG WILL END AT 2:00 p.m. ON MONDAYS AND WEDNESDAYS

MONDAYS

DROP IN GAMES
 Board, card and other games including dominoes
 1:00 p.m.

TUESDAYS

DROP IN BRIDGE
 9:00 a.m. – 12:00 Noon
DROP IN CRIBBAGE WITH CLIF
 10:00 a.m.
 Beginners Welcome
VINTAGE VOICES
 12:30 p.m.
DROP IN CRIBBAGE
 1:00 – 3:00 p.m.

WEDNESDAYS

DROP IN BRIDGE
 12:30 – 3:00 p.m.
CANASTA (CLASSIC)
 12:30 – 3:00 p.m.
 Instruction Available

THURSDAYS

DROP IN BRIDGE
 9:00 a.m. – 12:00 Noon
KNITTING
 10:30 a.m. – 12:00 Noon
 Do you enjoy knitting, crocheting, sharing stitches or patterns? This is an informal group for all levels.
DUPLICATE BRIDGE
 12:30 – 3:30 p.m.
CANASTA DROP IN
 1:00 p.m.
RUMMYKUBE
 1:00 p.m.

FRIDAYS

QUILTING
 10:15 a.m.
MAH JONG/SCRABBLE
 1:00 p.m.
DROP IN DOMINOES
 Moved to Monday at
 1:00 p.m.

COMPUTER, TUTORING, AND TECH CLASSES CENTER COMPUTER RESOURCES

MEDIA/ COMPUTER LAB PERSONAL ASSISTANCE

NEW TIME!
Fridays
10:00 – 11:30 a.m.
By Appointment

Call the Front Desk at 781-455-7555 to set up an appointment for one to one assistance with your technology questions (contingent on availability of volunteers). When scheduling your appointment, please state what device you are using and what type of assistance you need.

CENTER COMMON USE COMPUTERS AVAILABLE

We now have several desktops available for drop-in use at The Center. Four computers are located in the first floor Game/Pool Room and one in the second floor Library. A printer is available in the Library for printing documents from any of The Center desktops and limited personal copying.



CENTER-WIDE FREE WIFI

Setting:
Need-Wireless
Password: highland14

COMPUTER CLASSES

Media/Computer Lab • Room #212 • Computer Classes

Fridays • 10:00 a.m. – 12:00 Noon

There is no charge for these classes.

Seating is limited to 10.

PROTECTING YOUR PRIVACY ONLINE

Friday, February 12

Do you spend time online? If so, privacy can be a major issue. Your privacy on the Internet depends on your ability to control both the amount of personal information that you provide and who has access to that information. Personal information is floating all over the Internet. You should be concerned about your Internet privacy, so join this class to learn common sense security steps. We will learn how to browse in privacy. In addition, we will cover steps in Facebook, Google Chrome, Ebay, email and other websites.

LIFELONG LEARNING



“A YEAR IN MOROCCO”

Presented by Barry Pell
Thursday, January 7 • 2:00 p.m.



Barry Pell recently returned from one year teaching English in Casablanca and traveling throughout Morocco. In this program, he will take you on a journey through the country's walled cities and their ancient markets, across the rugged Atlas Mountains with traditional Berber villages, and into the desolate and dune-covered Sahara Desert. The presentation, accompanied by Barry's photography, will highlight Morocco's exquisite historic architecture and the lives, traditions and ceremonies of its Arab and Berber people.

Thanks to the generous support of Brookdale of Dedham, there is no charge for this program.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

FREE CAPTION PHONE DEMONSTRATION

Thursday, January 14 • 2:00 p.m.

Clear Captions is a federally funded national telecommunications company that provides captioned telephones and service for the individuals. A captioned telephone displays text of conversations in near-real time on a large color touchscreen so you can see and hear what callers are saying. To qualify for a free telephone, you need to have any type of hearing loss, a home phone line and Internet. Jon Konrad will demonstrate the telephone, explain eligibility and make appointments for telephone installation. Stop by to learn about this exciting resource. Jon will answer your questions and address your concerns.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

“DEMENTIA: HEALTHY HABITS FOR A HEALTHIER YOU”

PRESENTED BY THE ALZHEIMER'S ASSOCIATION

Wednesday, January 13 • 2:30 – 4:00 p.m.

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on-tools to help you incorporate these recommendations into a plan for healthy aging.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

CLIMATE CHANGE PRESENTATION

Wednesday, January 20 • 1:30 p.m.

Quentin Prideaux, a project leader with the Climate Reality Project, will speak on the realities of climate change. His presentation will cover:

- Impacts and causes of climate change
- The actions we need to take
- What it means for Massachusetts and the Northeast
- Why some have been confused about the science

Although the topic is serious, Quentin keeps the program as positive and lighthearted as possible.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

7TH ANNUAL TOWN-WIDE VOLUNTEER OPPORTUNITIES FAIR

Thursday, January 21 • 4:30 – 6:00 p.m.
Snow Day: Thursday, January 28

Are you interested in volunteering for one of the many worthwhile community organizations in Needham, but are unsure of how to find the right match for you – one that meets your interests, schedule and skills? Representatives from a variety of town-wide agencies and community organization will be present to share information. All are welcome! Door Prizes and Refreshments!

“WAR IS OVER” HOW THE BOSTON HARBOR ISLANDS WERE USED DURING AND AFTER WORLD WAR II

Tuesday, January 26 • 2:00 p.m.

Kevin Boston from the Boston Harbor Speakers Program will explain how Boston was protected during World War II. Topics will include: Coastal Defense Artillery Sites, Submarine Nets, and Harbor Mines. There were a number of locations that supported the war effort – training facilities, POW camps, etc. The talk will also discuss Cold War use of the Islands and post-military era for the Islands.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

ART OPEN STUDIO PAINTING

Wednesdays

12:00 Noon - 3:00 p.m.

Please join your fellow artists for this weekly open studio. This program is for experienced painters – no instruction or materials are provided.

*There is no fee for this program.
Space is limited so sign-up is required.*

ART MATTERS AVERY CROSSINGS ASSISTED LIVING

**Offsite at Avery Crossings
110 West Street
781-444-6655**

10:30 a.m.

January 6 - Renaissance

February 3 - DaVinci

CREATIVE WRITING GROUP

10:00 a.m.

January 12, 26;

February 9, 23

Write your memoirs, short stories or fun facts about an experience and share them with the group.

CURRENT EVENTS GROUP

10:30 a.m.

January 5, 19;

February 2, 16

This group is a friendly place to equally share information with one another in a supportive environment.

CENTER BOOK GROUP

Second Friday of Each Month

January 8

10:30 a.m.

**January Book:
Heft by Liz Moore**

February 12

10:30 a.m.

**February Book:
To Be Determined**

Former Dover librarian Judi Long will lead the group in reading and discussing a variety of genres.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

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- Ed Cosgrove
- Phyllis Fanger
- Dan Goldberg
- Monica Graham
- Penny Grossman
- Susanne Hughes
- Tom Keating
- Lianne Relich
- Eilene Kleiman

VISIT US ONLINE AT:
www.needhamma.gov
 Read this newsletter in your choice of easy-to-read formats.

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